



# Middle School Lunch Menu

## November 2022

Regular Lunch Price: \$2.85 (Main Line, Grill Line, Grab N Go)

Premium Lunch Price: \$4.00 (MTO Deli Line, MTO Salad Line, Pizza Line)

**1**

**Cheesy Quesadilla\*V**  
100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Grilled Chicken Baja Salad

-----Side Items-----  
Pinto Beans  
Seasonal Fresh Fruit

**2**

**Sausage, Egg, and Cheese Bagel Melt**  
Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**3**

**Penne Pasta with Marinara/ Alfredo Sauce and Beef Meatballs/Grilled Chicken\*SC**  
100% Beef Hot Dog  
Honey Ham & Cheese Oven-Fired Flatbread Kit  
Hummus & Veggie Plate with Oven Fired Flatbread\*V

-----Side Items-----  
Spinach Salad with Oranges  
Seasonal Fresh Fruit

**4**

**Orange Chicken with Brown Rice**  
White Pizza\*V  
Golden Crispy Chicken Nuggets With Roll  
Grilled Chicken, Feta Cheese, And Berry Salad  
Breaded Chicken and Cheese Snack Wraps

-----Side Items-----  
Steamed Broccoli  
Seasonal Fresh Fruit

**8**

**Shredded Pork Nachos**  
100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Grilled Chicken Baja Salad

-----Side Items-----  
Black Beans  
Seasonal Fresh Fruit

**9**

**Pancakes & Turkey Sausage Links**  
Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**10**

**Macaroni & Cheese with Breaded Fish Sticks\*SC**  
100% Beef Hot Dog  
Honey Ham & Cheese Oven-Fired Flatbread Kit  
Hummus & Veggie Plate with Oven Fired Flatbread\*V

-----Side Items-----  
Spinach Salad with Oranges  
Seasonal Fresh Fruit

**11**

**100% Beef Philly Cheesesteak**  
White Pizza\*V  
Golden Crispy Chicken Nuggets With Roll  
Grilled Chicken, Feta Cheese, And Berry Salad  
Breaded Chicken and Cheese Snack Wraps

-----Side Items-----  
Green Beans  
Seasonal Fresh Fruit

**15**

**Grilled Chicken & Gravy over a Biscuit**  
100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Grilled Chicken Baja Salad

-----Side Items-----  
Mashed Potatoes  
Seasonal Fresh Fruit

**16**

**French Toast and Turkey Sausage Links**  
Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**17**

**Penne Pasta with Marinara/ Alfredo Sauce and Beef Meatballs/Grilled Chicken\*SC**  
100% Beef Hot Dog  
Honey Ham & Cheese Oven-Fired Flatbread  
Hummus & Veggie Plate with Oven-Fired Flatbread\*V

-----Side Items-----  
Spinach Salad with Oranges  
Seasonal Fresh Fruit

**18**

**Cheese Stuffed Breadsticks & Marinara Sauce\*V**  
White Pizza\*V  
Golden Crispy Chicken Nuggets With Roll  
Grilled Chicken, Feta Cheese, And Berry Salad  
Breaded Chicken and Cheese Snack Wraps

-----Side Items-----  
Sliced Carrots  
Seasonal Fresh Fruit

**22**

**100% Beef Walking Taco\*SC**  
100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Grilled Chicken Baja Salad

-----Side Items-----  
Black Beans  
Seasonal Fresh Fruit

**23**

**NO SCHOOL**

Inservice

**24**

**NO SCHOOL**

Thanksgiving Break

**25**

**NO SCHOOL**

Thanksgiving Break

**29**

**Grilled Chicken Soft Tacos\*SC**  
100% Beef Bacon Cheeseburger  
Roasted Turkey & Cheese Sub  
Grilled Chicken Baja Salad

-----Side Items-----  
Black Beans  
Seasonal Fresh Fruit

**30**

**Waffles and Egg Omelet\*V**  
Spicy Crispy Chicken Sandwich  
Grilled Chicken Taco Salad  
Honey Ham & Cheese Sub

-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**We are looking for Cafeteria Workers!**  
**Please contact Food Service @ 724-941-6251 x 7226**

**Per the USDA, a free meal must include at least 3 components. Out of those 3 you must choose ½ cup of fruit and/or veggie.**

**Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.**

**Offered Daily**

**Grill Line:** Crispy Chicken Breast, 100% Beef Burger, Black Bean Burger \*V  
**Pizza Line:** Cheese Pizza \*V, Pepperoni Pizza  
**Deli Line:** Currently Closed

**Cold Vegetable Choices Include:**  
Monday: Baby Carrots/Broccoli Florets  
Tuesday: Broccoli Florets/ Red Pepper Strips  
Wednesday: Baby Carrots/ Cucumbers  
Thursday: Celery Sticks/ Grape Tomatoes  
Friday: Baby Carrots/ Cucumbers

**Other Daily Options:**  
Oven-Fired Flatbread Pizza Kit\*V  
Fresh Fruit & Yogurt Parfaits\*V  
SunButter & Jelly Sandwich\*V  
**Offered Daily with Lunch Meal:**  
100% Juice, Skim White, Skim Chocolate and 1% White Milk

All deli meats offered are Smithfield Healthy Ones.  
No MSG or added hormones. No artificial flavors.

This institution is an equal opportunity provider.

\*Gluten-Free meals available upon request.

\*SC – Made from scratch \*V - Vegetarian

For more detailed nutritional information, please visit: [ptsdk12pa.nutrislice.com/menu](https://ptsdk12pa.nutrislice.com/menu)

